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## The Resiliency Quiz

### Part 1

People bounce back from tragedy, trauma, risks, and stress by having certain conditions in their lives. These conditions are listed below. The more times you answer “yes” to the statements below, the greater the chances are that you can bounce back from your life’s problems “with more power and more smarts.”

And doing that is one of the surest ways to increase your self-esteem.

Answer “yes” or “no” to the following. Then celebrate your “yes” answers and decide how you can change your “no” answers to “yes.”

#### 1. Caring and Support

- \_\_\_\_\_ I have several people in my life who give me unconditional love, who listen to me without judging, and who I know are “there for me.”
- \_\_\_\_\_ I am involved in a school-, work-, faith-related, or other group where I feel cared for and valued.
- \_\_\_\_\_ I treat myself with kindness and compassion, and take time to nurture myself (including eating right and getting enough sleep and exercise).

#### 2. High Expectations for Success

- \_\_\_\_\_ I have several people in my life who let me know they believe in my ability to succeed.
- \_\_\_\_\_ I get the message “You can succeed” at work or school.
- \_\_\_\_\_ I believe in myself most of the time, and generally give myself positive messages about my ability to accomplish my goals—even when I encounter difficulties.

#### 3. Opportunities for Meaningful Participation

- \_\_\_\_\_ My voice (opinion) and choice (what I want) are heard and valued in my close personal relationships.
- \_\_\_\_\_ My opinions and ideas are listened to and respected at my work or school.
- \_\_\_\_\_ I provide service through volunteering to help others or for a cause in my community, faith organization, or school.

#### 4. Positive Bonds

- \_\_\_\_\_ I am involved in one or more positive after-work or after-school hobbies or activities.
- \_\_\_\_\_ I participate in one or more groups (such as a club, faith community, or sports team) outside of work or school.
- \_\_\_\_\_ I feel close to most people at my work or school.

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## The Resiliency Quiz (2)

### 5. Clear and Consistent Boundaries

- \_\_\_\_\_ Most of my relationships with friends and family members have clear, healthy boundaries (which include mutual respect, personal autonomy, and each person in the relationship both giving and receiving).
- \_\_\_\_\_ I experience clear, consistent expectations and rules at my work or in my school.
- \_\_\_\_\_ I set and maintain healthy boundaries for myself by standing up for myself, not letting others take advantage of me, and saying "no" when I need to.

### 6. Life Skills

- \_\_\_\_\_ I have (and use) good listening, honest communication, and healthy conflict resolution skills.
- \_\_\_\_\_ I have the training and skills I need to do my job well, or I have all the skills I need to do well in school.
- \_\_\_\_\_ I know how to set a goal and take the steps to achieve it.

## Part 2

People also successfully overcome life difficulties by drawing upon internal qualities that research has shown are particularly helpful when encountering a crisis, major stressor, or trauma.

The following list can be thought of as a "personal resiliency-builder" menu. No one has everything on this list. When "the going gets tough," you probably have three or four of these qualities that you use most naturally and most often.

It is helpful to know which are your primary resiliency builders, how have you used them in the past, and how can you use them to overcome the present challenges in your life.

You can also decide to add one or two of these to your resiliency-builder menu if you think they would be useful for you.

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## The Resiliency Quiz (3)

### Personal Resiliency Builders

#### Individual Qualities that Facilitate Resiliency

Put a plus sign (+) by the top three or four resiliency builders you use most often. Ask yourself how you have used these in the past or currently use them. Think of how you can best apply these resiliency builders to current life problems, crises, or stressors.

- Relationships—I am sociable/able to be a friend/able to form positive relationships.
- Humour—I have a good sense of humour.
- Inner Direction—I base choices or decisions on internal evaluation (I have an internal locus of control).
- Perceptiveness—I have an insightful understanding of people and situations.
- Independence—I am able to distance myself from unhealthy people and situations. I have autonomy.
- Positive View of Personal Future—I am optimistic. I expect a positive future.
- Flexibility—I can adjust to change and can bend as necessary to positively cope with situations.
- Love of Learning—I have a capacity for and connection to learning.
- Self-Motivation—I have internal initiative and positive motivation from within.
- Competence—I am “good at something.” I have personal competence.
- Self-Worth—I have feelings of self-worth and self-confidence.
- Spirituality—I have a personal faith in something greater.
- Perseverance—I keep on despite difficulty. I don’t give up.
- Creativity—I express myself through artistic endeavour.

### You Can Best Help Yourself or Someone Else Be More Resilient by . . .

- Communicating the Resiliency Attitude: “What is right with you is more powerful than anything that is wrong with you.”
- Focusing on the person’s strengths more than problems and weaknesses, and asking “How can these strengths be used to overcome problems?” One way to do this is to help yourself or another identify and best utilize top personal resiliency builders listed in The Resiliency Quiz, Part 2.
- Providing for yourself, or another, the conditions listed in The Resiliency Quiz, Part 1.
- Having patience—successfully bouncing back from a significant trauma or crisis takes time.